



A Publication of the San Francisco Vegetarian Society

# San Francisco Vegetarian Society Veg Calendar

## Spring Issue 2007

Volunteers interested in helping out at any of events listed below should contact Nancy Loewen, Volunteer Coordinator, [nloewen@ioaging.org](mailto:nloewen@ioaging.org) or 415-750-0614. See Potluck Guidelines for protocol.

### **Potluck & Free Lecture by Dr. Steve Blake, “Chocolate, Coffee, & Antioxidants”**

**Saturday, March 10: Socializing & Appetizers 6:00 p.m.; Dining 6:0 p.m.; Lecture 8:00 p.m.**

IOA, 3600 Geary Boulevard, between Palm & Arguello, San Francisco

MUNI #38 Geary with East Bay connection at Trans Bay Terminal or BART at Montgomery Exit

\$1 suggested donation for members & their guests with food; \$2 for non-members with food. Add \$8 to each category without food (Volunteers interested in helping set up should call Nancy 415-750-0614).

Dr. Blake will discuss “Is Chocolate and Coffee good for you?” He will include information about polyphenols in coffee and chocolate and antioxidants in plants. He will also discuss how stimulants work and help us discover healthful plant stimulants. Dr. Blake earned two doctorate degrees in natural medicine that includes Ayurvedic remedies, Chinese herbs and formulas, and Aromatherapy, developed software to visualize nutrition, authored dozens of major publications including his books “*Healing Medicine, A Complete Guide to Safer Healing* and *Healing Medicine and Alternative Remedies*, and developed one of the largest databases of natural remedies in the world. He resides in Hawaii and may be reached through his web site: [www.naturalhealthwizards.com](http://www.naturalhealthwizards.com).

### **Meat Out Luncheon Celebration**

**Compassionate Cooking & Global Warming – The Great American Meat Out Answer**

**Co-Sponsored with UUFETA**

**Saturday, March 17: Excerpts from “Compassionate Cooks” 11:30 a.m.; Delicious Vegan Lunch 12:00 p.m.; Informative Talk “Getting to the Meat of the Matter: Debunking the Top Ten Myths about Vegetarianism” by Colleen Patrick Goudreau 1:15 p.m.; Video “Healthy, Wealthy, & Wise” 2:15 p.m.**

First Unitarian Universalist Center, 1187 Franklin Street (corner Geary Blvd.), San Francisco

Public Transit encouraged: MUNI #38 on Geary, #47 & 49 on Van Ness with connections to BART

\$10 Donation/sliding scale. Childcare available.

Everyone is encouraged to come and bring non-vegetarian friends and family. Good food plus free recipes and tote bags for everyone. Colleen Patrick-Goudreau’s sparkling talk combines humor and wisdom to tackle the most prevalent myths about a plant-based diet. She smashes the stereotypes about vegetarianism and demystifies what it means to make compassionate, sustainable, healthful food choices – excellent for those who are curious about vegetarianism or those who are long time vegans. Colleen, founder of Compassionate Cooks and a producer of the first-of-its-kind cooking DVD is also a columnist for VegNews Magazine, a contributing writer for Satya Magazine and KQED Radio, and a popular Bay Area lecturer on nutrition and cooking classes. She will serve a delicious dessert from her recently completed book, *The Joy of Vegan Baking: Compassionate Cooks’ Traditional Treats and Sinful Sweets*. See her website [www.compassionatecooks.com](http://www.compassionatecooks.com).

### **Dining Out, Friday, March 23**

**Dining at 6:30 p.m. followed by lecture by noted financial scholar, David Caro-Greene**

Bok Choy Garden Chinese Vegetarian Restaurant (under new management)

Vegan Chinese Restaurant modestly priced plus 10% discount for SFVS members.

RSVP Dining Out Coordinator Dave Goggin: [dave65536@earthlink.net](mailto:dave65536@earthlink.net) or 415-567-6773

To broaden our interests, Dave has engaged David Caro-Greene to speak on currencies and their role in personal finance.

### **SFVS Board Meeting, Sunday, March 25, 4:30 p.m.**

IOA, 3600 Geary Boulevard, San Francisco

SFVS members interested in attending should call 415-273-5481 for details.

## Campaign against Kentucky Fried Chicken, Sunday, April 1

### Co Sponsored with Veggie Jews' Tzedakah

**Leafleting 12:00 noon** at KFC, 4150 Geary Boulevard at the corner of 6<sup>th</sup> Avenue, San Francisco

Lunch & Letter writing 1:15 p.m. at Golden Era Vegetarian Restaurant #2 (with 10% discount for SFVS members), 832 Clement Street, near 9<sup>th</sup> Avenue, San Francisco

This is a once a month activity organized by Bonnie Knight to expose the cruelty involved in factory farm chickens.

Contact [veggiejews@cyberonic.com](mailto:veggiejews@cyberonic.com) or 415-665-1583 for more information.

## Dining Out, Friday April 13

### Dining at 6:30 p.m. followed by lecture by Dr. Michael Edelstein

Bok Choy Garden Chinese Vegetarian Restaurant

RSVP Dining Out Coordinator Dave Goggin: [dave65536@earthlink.net](mailto:dave65536@earthlink.net) or 415-273-5481

Dave has engaged Dr. Edelstein to speak on "Self-Esteem."

## Potluck & Free Lecture & Book Signing by Michele Simon "Appetite for Profit"

### Saturday, April 14: Socializing & Appetizers 6:00 p.m.; Dining 6:30 p.m.; Lecture 8:00 p.m.

IOA, 3600 Geary Boulevard, San Francisco. See March Potluck for transportation details.

\$1 suggested donation for members & their guests with food; \$2 for non-members with food. Add \$8 to each category without food. (Volunteers interested in helping set up should call Nancy 415-750-0614).

Michele will discuss her recently published book *Appetite for Profit: How the Food Industry Undermines Our Health and How to Fight Back*. Her book explains why we cannot trust food corporations to do the right thing; describes the local battles of going up against the powerful food lobbies; and offers a comprehensive guide to the public relations and lobbying tactics that food companies employ to trick the American public. Endorsements for the book as a "must read" are: Marion Nestle, nutrition professor & author *Food Politics & What to Eat*. "I am requiring all of my public health nutrition students to read this book." Frances Moore Lappe, author of *Diet for a Small Planet & Democracy's Edge* says: "Simon rips the mask off the food industry." John Stauber, author of *Mad Cow USA, Toxic Sludge is Good for You, & Trust Us, We're Experts* says: "Simon exposes the corporate greed and propaganda controlling our media and politics on critical issues of health and sustainability." *Library Journal*: Starred Review: "This book is recommended for public and academic libraries." Even non-vegetarians should hear this lecture.

## Exotic Fund-Raising Dinner

### Saturday, April 21: Appetizers 6:00 p.m.; Dining 6:30 p.m.; Entertainment 8:00 p.m.

Maharani Restaurant, 1122 Post Street, between Van Ness & Polk Streets, San Francisco

MUNI buses #19 Polk and #47 & 49 Van Ness. Parking Garage next door.

RSVP \$35 per person to be sent to SFVS, c/o Joseph Cadiz, 73 Rondel Place, San Francisco CA 94103 by April 18th. Call 415-273-5481 for more information or Silent Auction donations. Attire: Dressy

A Vegan Feast will be lovingly served in a beautiful setting by vegan owner Joy Kapur. The four course Dinner will

### POTLUCK GUIDELINES

To enhance everyone's enjoyment of SFVS's sociable potlucks, please note the following:

Bring a \*vegan dish to serve 8 - 10.

Attach a copy of the recipe or list of ingredients and your name, in case there are questions.

Bring serving utensils and your own dishes and silverware.

Potlucks are \$1 to members with food; \$2 suggested donation for non-members. Additional \$7 suggestion donation without potluck contribution. Donations are used to defray cost of renting space.

For ideas on substitutions or recipes, go to [www.vrg.org](http://www.vrg.org).

\*no animal products or byproducts such as dairy or honey

include: Vegetable Combo Appetizers: (Papri Samosa, Tofu Shashik & Papadams) served with three Chutneys; Maharani Organic Green Salad: sliced cucumbers, tomatoes, heart of oranges, with a ginger-rose dressing; Entrees: Dal Maharani & Lachhedar Pratha; Saag Tofu (Spinach with Tofu Cubes), Bangan Masala or Baby Baingan (Tandoor-roasted Eggplant), Basmati Rice Pilaf, Coconut Raita, Freshly Baked Naans; Dessert: Mango Ambrosia Dream Cloud with Carrot Halwa (made without milk) served in Cardemom essence infused rose-syrup. Bring friends to enjoy these special taste treats. Lively entertainment will complete the evening.

### Upcoming Event

#### New Living Expo April 27 to 29

Concourse Center, 635 8th Street @ Brannan, San Francisco 415-382-8300. Annual event celebrating the evolution of Body, Mind, & Spirit 300 Exhibitors, 150 Speakers, Natural Food Dining, Special Events SFVS will have a booth. Volunteers get in free. Contact Nancy Loewen 415-750-0614 or [nloewen@ioaging.org](mailto:nloewen@ioaging.org).